Mission Statement

The Graduate Studies Center (GSC) is dedicated to providing academic, professional and personal support services for post baccalaureate students at CI. Our services aim to facilitate access to post baccalaureate programs, to promote student success and program completion, and to foster professional, personal, and workforce development.

Message from the Director

At the Graduate Studies Center we strive to help support all CI students, from the undergraduate to the graduate level, with any postbac needs they may have. If you would like to know more about graduate school or are finishing up your thesis and you need writing support, we are here to assist you. We look forward to seeing you at the Graduate Studies Center.

Go Dolphins!

Sara Alcalá, M.S.
Graduate Studies Center Activity Director

El Dorado Hall
One University Drive
Camarillo, CA 93012
(805) 437-3579
gs.center@csuci.edu
Events

Graduate Studies Center December Workshops
Come join us!

Graduate School for DREAMers
December 5th 10:00 am – 11:00 pm
El Dorado Hall room 140
This session provides information and resources on important topics related to the graduate school application, specifically for AB540 and undocumented students.

* workshop is open to all DREAMERS and Undocumented Students

RSVP now at CSUCI.edu/GSC
Reserve your seat today!

El Dorado Hall
805-437-3579
gs.center@csuci.edu

@CL_GSC

Mindfulness for Graduate Students
WHERE: El Dorado Hall room 140
WHEN: December 8th 12:30 am – 1:30 pm
Mindfulness practices for stress reduction and increased life enjoyment. Participants will be guided through a selection of accessible meditations and offer practical tips for sustaining this practice amidst our busy lives.

RSVP now at CSUCI.edu/GSC
Reserve your seat today!

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The Graduate Studies Center Presents...
EndNote: A Graduate Student’s Best Friend
December 2nd 11:00 am
El Dorado Hall room 140
This workshop guides you through using EndNote to collect citations for research. This includes downloading and installing the app; getting citations from various relevant databases; editing citations in EndNote, troubleshooting, and using in-text citations

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Reserve your seat today!

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Events

COMMUTER APPRECIATION WEEK
Monday 11/27 - Friday 12/1

**Monday**
- Commuter Sidewalk Cafe
  - El Dorado Hall Park
  - 8 AM - 10 AM
- Backyard Games (Prizes)
  - Central Mall
  - 3 PM - 4 PM

**Tuesday**
- Breakfast 2 Go (First 75 burritos free)
  - Student Union
  - 8 AM - 10 AM
- Parking Loteria (Prizes)
  - El Dorado Hall Park
  - 1 PM - 3 PM

**Wednesday**
- Swag Giveaways
  - Broome Library
  - 9 AM - 10 AM
- Massages
  - Student Union
  - North Lounge
  - 12 PM - 3 PM

**Thursday**
- Grilled Cheese Truck (Cash/Card accepted)
  - Central Mall
  - 12 PM - 3 PM
- SPB Snow Day
  - South Quad
  - 5 PM - 10 PM

**Friday**
- Swag Giveaways
  - Broome Library
  - 9 AM - 10 AM
- Triunfo Day Hike
  - Meet at A2 Parking Lot
  - 10 AM. Arrive back to campus at 3 PM.

Follow us on social media for giveaways and info.
@wedriveci

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3333 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.
Events

Writing and Multiliteracy Center Presents

Writing Boot Camp

December 2nd & 3rd
6:00-10:00PM in the WMC

Register today at:
CSUCI.EDU/WMC/WORKSHOPS-EVENTS.HTM

All students welcome to participate in this event!
Services

Graduate Studies Center

Addressing the needs of individual students and planting the seeds for a secure future.

The Graduate Studies Center (GSC) is dedicated to provide academic, professional and personal support services for credential and graduate students at CI. Our services aim to facilitate access to credential and graduate programs, to promote students success and program completion, and to foster professional, personal, and workforce development.

Fall 2017 Hours
Monday - Thursday: 9:00 a.m. - 9:00 p.m.
Friday: 9:00 a.m. - 4:00 p.m.
Saturday: 10:00 a.m. - 3:00 p.m.

Our Services Include:
- Graduate school outreach for CI Undergraduate and CI Alumni
- Program Advising for School of Education Graduate Students
- Admission Information for School of Education Graduate Programs
- Hosting Graduate & Credential Programs Information Sessions
- Graduate Writing Studio
- Host CI Graduate Program Orientations
- Study Rooms & Free Printing Available
- GSC Parking availability on a first come, first serve basis for Credential & Graduate Appointments or Study Sessions
- lactation Room with Changing Station

Come on by!
We are happy to brew complimentary coffee or tea for you.

Phone: (805) 437-3579
Email: gsc.center@csuci.edu
http://www.csuci.edu/gsc
Services

Schedule an appointment with our counselor to go over your graduate school options and the application process. We’ll help get you on the right track!

Graduate Studies Center

Fall 2017 Counseling Hours

Aracely Flores
By appointment only
Monday – Thursday: 9:30am - 5:30pm
Friday: 9:30am - 4:00pm
Walk-ins starting 09/14/2017
2nd and 4th Thursday of each month from 4pm-6pm

Meet with our Graduate Studies Center Counselor to discuss career, outreach and graduate school options.

Call, email or stop by to schedule your appointment!

805-437-3579 • gs.center@csuci.edu • El Dorado Hall
http://www.csuci.edu/gsc/
*Please note, hours are subject to change based on counselor availability.

GRE TEST PREP SESSIONS

1st Set:
10/21, 10/26, 10/28*, 11/2, 11/4, 11/9, 11/11
PAYMENT DEADLINE: 10/26/17
(*October 28th session has been moved to Saturday Nov. 11th)

2nd Set:
11/30, 12/2, 12/7, 12/9, 12/14, 12/16
PAYMENT DEADLINE: 12/2/17

All sessions will be held on:
Thursdays at 5:30 PM – 8:30 PM
and
Saturdays at 11:00 AM – 2:00 PM

RSVP for our second set of GRE Test Prep Sessions!
Each session contains the vital resources and help you will need for the GRE. Register soon!

To RSVP, click here.
Graduate Writing Studio

The Writing Studio consultants are available to assist credential students and graduate students. They are here to guide students to create, organize, and strengthen writing assignments. Meetings are available in person or via Zoom.

Writing assistance with:
- course papers
- theses
- cover letters
- personal statements
- resumes

To make an appointment:
Call:
(805) 437-3579
Email:
gscwritingstudio@csuci.edu
"Tell us a little bit about yourself."

I am a native Californian, born and raised in the San Fernando Valley, and a proud graduate of the Los Angeles Unified School District. One of the most significant educational experiences of my k-12 years occurred in my 5th grade class with an amazing teacher named Mrs. Levine. Working with students at a high-poverty school (90% of us were on free and reduced lunch) Mrs. Levine not only treated us as capable citizens, she exposed us to the power of education. Regularly, she filled her classroom with visitors from colleges and universities all of whom had backgrounds similar to ours. I talk about Mrs. Levine frequently because I know that there is a direct link between her classroom and where and who I am today.

An equally important formative educational experience was my time at Cal State LA as a first-generation college student. With no real social or cultural capital to help me navigate and succeed in college, I relied on the amazing advisors and supports (e.g., the university writing center) to help me meet the thinking, reading, and writing expectations of my professors.

I finished my Bachelor of Arts degree (in Liberal Studies) at Cal State LA determined to pursue a PhD in history. Fate, however, intervened and life events demanded that I pay attention to the role of education in my life and why I needed to switch my grad school focus.

Once I truly understood who I was meant to be, the path to teaching and education was so obvious. I have had the great fortune to teach kindergarten through graduate school, to become a tenured professor, to lead a statewide curriculum project with 7000+ teachers and, now, to be the Education Dean at CSUCI.
"What did you want to be growing up?"

Growing up I really wanted to be an inventor, and to work specifically with robots (and flying cars)! Anyone who visits my office can attest to the fact that the fascination with robots remains. Now, they remind me of a time when the future seemed exciting, the possibilities endless. We need to reclaim that optimism, that excitement for possibilities. And that’s what connects robots and education. Teachers and educators are uniquely positioned to help people and society see the future as an exciting and malleable space - we get to shape it!

"What led you to pursue a graduate education?"

Back to the importance of education and teachers! I had never thought of graduate work, and probably never would have if not for Dr. Donald Urquidi at Cal State LA. I took three courses with Dr. Urquidi and at the close of the final class he invited me to his office to discuss my future. It was Dr. Urquidi who not only told me that I had the skills, knowledge, and, most importantly, the passion that could allow me to make graduate school a personally valuable experience. And, Dr. Urquidi helped me understand the power of the personal statement, the importance of carefully chosen recommenders, and the specifics and study requirements for the GRE! Like Mrs. Levine, I would not be here without his amazing guidance.

"What advice do you have for prospective postbac candidates?"

Trust yourself, that is my advice! Once I chose my educational career (post BA) and worked from MA to PhD to look at issues of equity and excellence in public education I realized that path had always been there. I just had to stop, listen to my life, and trust that my instincts and experiences would help me find my way to really be in the world!
**Health & Wellness**

**Zumba**

Mon—Tues—Wed—Thurs
6:15 p.m.—7:15 p.m.
Rec Center in Arroyo Hall
Instructors: Lorena Gonzales & Noel DeVerges

Come and join the party as we dance the night away. Zumba® is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the Latin and World rhythms take over, you will see why Zumba® Fitness classes are often called exercise in disguise.

**Sculpt Yoga—All Levels**

Yoga Tuesdays
8:30 a.m.—9:30 a.m.
Rec Center in Arroyo Hall

Yoga Thursdays
T.B.D.
Room 120 in Malibu Hall
Instructor: Riley Glasgow

When muscle meets yoga, yoga sculpt is born." This yoga sequence combines free weights and cardio with a wonderful vinyasa flow. Set to music, this class is both fun and challenging. Get ready to work your body and mind with this tough, yet gratifying practice.

**Outdoor Adventure Leaders**

All Outdoor leaders have personal backgrounds in the specific outdoor activity that they lead. Each leader must have a minimum of First Aid and CPR certification. Our OAT Leaders can help participants learn proper outdoor skills for any adventure. Trip location, equipment and instruction are all organized by our OA Leaders, so if you have any questions, please call us at 805-437-8902 or e-mail us at campusrecreation@csuci.edu

- Solstice Canyon Trail (Day Hike)
- Mugu Peak thru Chumash Trailhead
- Rose Valley Falls (Day Hike)
- Zuna Canyon Trail (Day Hike)
- Santa Rosa Island Adventure (3 Days, 2 Nights)
- Santa Barbara Camping & Rock Climbing (3 Days, 2 Nights)
- Santa Cruz Island Camping & Kayaking (3 Days, 2 Nights)
WELLNESS PROMOTION & EDUCATION
CSU CHANNEL ISLANDS

PURPOSE: Utilizes a multidimensional and holistic approach that provides programs for lifelong physical, mental and spiritual well-being.

WHAT WE DO:
- Offer educational presentations, workshops, and one-on-one peer-to-peer meetings
- Access to online resources and training
- Host campus-wide and national awareness campaigns
- Provide stress relieving services

EDUCATIONAL PROGRAMS:
- Alcohol, Tobacco and Other Drugs
- Stress Management
- Sexual Misconduct & Bystander Training
- Suicide Prevention
- Nutrition and Physical Fitness
- Sexual Health
- Sleep Hygiene

BECOME A PEER EDUCATOR!
You can be a part of a team of campus leaders who are committed to the health and wellness of the CI community. Our peer educators are trained using the NASPA BACCHUS Initiatives Certified Peer Educator (CPE) training. Become a resource for your fellow students! To apply, please visit our website at: www.csuci.edu/wpe/wellness-program

GET INVOLVED

OTHER RESOURCES:
- Aware Awake Alive
- Student Health 101
- 3rd Millennium Courses
- AlcoholEdu Training
- Kognito (At-Risk Suicide Prevention)
- The Dolphin Pantry (Food Pantry)

DID YOU KNOW
41.2% of CI students meet the aerobic physical activity recommendation

FOR MORE INFORMATION VISIT OUR WEBSITE AT: WWW.CSUCI.EDU/WPE OR CALL US AT (805) 437-3351

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# STRESS LESS MONTHLY CHALLENGE

## November 2017

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<th>Sunday</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 Relax in Wellness Garden for 15 minutes*</td>
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<td>4 Paddle board @ CI Boating Center*</td>
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<td>5</td>
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<td>6 Anxiety Support group @ CAPS*</td>
<td>7 Attend Adulting 101: Budgeting Session*</td>
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<td>12</td>
<td>13</td>
<td>14 Create a study group for a class you need help with</td>
<td>15 Visit a professor’s office hours for a class you need help with</td>
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<td>19 Refresh yourself with a bubble bath</td>
<td>20 Complete an adult coloring book page*</td>
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<td>23</td>
<td>24 Watch your favorite movie or listen to your favorite music</td>
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<td>26 Visit a new center, office, or on campus resource*</td>
<td>27</td>
<td>28 Attend Adulting 101: Recipe Session*</td>
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MASSAGE CHAIR

RULES

Before:
1. Please watch intro video provided by WPE staff before 1st session
2. You must sign in before each session
3. Wear medical booties provided for each use and remove all pocket content & jewelry

During:
1. No cell phones, tablets or laptops (quiet zone)
2. No shoes
3. No food or drinks

After:
1. Do not leave chair until it is completely shut down and the beeping stops.
2. Please wipe and clean the chair after using.
3. You must sign out after each session.

TIPS

Remove the head pad to get a full back massage
Add Heat to increase blood flow and relax your muscles
Extend and Retract to increase muscle length
Select the Zero G position to release tension on your vertebral discs

Max Chair Time:
20 minutes per session
1 session per day

FOR MORE INFORMATION VISIT OUR WEBSITE AT: www.csuciledu/wpe OR CALL US AT (805) 437-3281

The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations and Support Services at (805) 437-3331 or accommodations@csuci.edu as soon as possible.
The Dolphin Food Pantry

The CSU Channel Islands Dolphin Pantry exists to provide food, toiletries and basic necessities at no cost to Channel Islands students in need. The Dolphin Pantry aims to decrease the impact that food and basic necessity insecurities have on the academic success of Channel Islands students. It is increasingly challenging for students to juggle the costs of living while working to obtain their degree. Many students are finding themselves choosing between basic essentials such as food and basic toiletries and the required costs of tuition, fees, and books. The CI Dolphin Pantry helps to alleviate hunger and basic needs within our student community.

Location & Hours
The Dolphin Pantry is located in Arroyo Hall: Room 117
The Pantry is currently closed until August 28, 2017 due to construction in Arroyo Hall.
Our regular hours of operation in the fall will be
Monday – Friday:
8:30 a.m. – 4:30 p.m.
**Arroz con Leche**

**Ingredients:**
- 5 cup whole milk, warm
- 1 -2 cinnamon sticks
- 2 strips of lime zest
- ¼ cup sugar
- 1 pinch of salt
- 1 cup rice
- 7 oz sweetened condensed milk (half can)
- 1 tablespoon unsalted butter
- ground cinnamon to serve (to taste)

**How to make it:**

1. In a medium-size heavy saucepan, over medium heat, add 3 cups of milk, a cinnamon stick, Lime zest, sugar, and salt (Do not cover the saucepan). When it starts to boil reduce the heat to low, add rice and cook for 10-15 minutes or until milk is almost evaporated. Continue adding milk, stirring constantly, 1/2 cup at the time. You want to add more milk until the liquid has been almost completely absorbed by the rice. With the last ½ cup of milk also add the condensed milk; cook for 2-3 minutes, or until it thickens to desired consistency. (Be aware that as the rice cools it thickens). Turn off the heat.

2. Add butter and stir to incorporate.

3. Let cool (uncovered), until it reaches the desired temperature. You can serve it hot, warm, or cold.

4. Sprinkle with ground cinnamon to add more taste, and ENJOY!
The Collaborative Online Doctorate in Educational Leadership (CODEL) program is a joint Ed.D. program offered by Fresno State University and CSU Channel Islands. The CODEL program is dedicated to enriching and supporting leaders who are devoting their lives to social justice and democracy in and through education. The program initially has two options for specialization with possible others planned for the future:

1. P-12 Educational Leadership and
2. Post-secondary Educational Leadership (including community college leadership and administration)

For further information, please contact
Stephanie Cruz
stephanie.cruz@csuci.edu
Meet our Staff

**Sara Alcalá, M.S.**
Sara has been working at CI since 2005 and has 10+ years of experience working in schools, from K-12 through university levels. She was previously the Graduate Studies Counselor & Coordinator and was recently hired as the Activity Director. Sara manages Graduate Studies Center events, partnerships, activities and resources while also overseeing daily operations at the GSC. Feel free to contact Sara, if you are interested in collaborating for a future CI event or workshop!

**Aracely Flores, M.S.**
Aracely Flores is the Graduate Studies Center’s Post Baccalaureate Counselor. As the Post-Baccalaureate Counselor, Aracely works closely with undergraduate students to assist them in pursuing, planning and organizing their postbac goals. She also supports MA in Education students with their program inquiries. Aracely has been working at CI since 2013 and has over eight years of experience working with students in higher education.

**Stephanie Cruz**
Stephanie brings 15 years of public service from the City of Oxnard where she served in the public library system. She was part of CI’s first full graduating class...back in the day. She is completing the M.A. in Educational Leadership with an emphasis in Higher Education program, here at CI! Helping to strengthen the educational pipeline, she is a Support Coordinator for the Collaborative Online Doctorate in Educational Leadership (CODEL) program, which is the first online Ed.D. program in the CSU system.
Isaac Lopez
Isaac is a first year student at CI majoring in Biology. He choose CI because he fell in love with the campus and small classes. His goals are to graduate from CI and serve as a model of inspiration for his family and community.

Yvette Perales
Yvette is a third year college student at CI who is majoring in Psychology. She chose CI because it is a campus that serves CI students with a positive outlook on their education. Her ultimate goals is to be a Licensed Social Work-er and be part of the National Center for Missing & Exploited Children. A few things that she enjoys doing is dancing to all sorts of music, playing piano, and watching Sci-fi movies.

Nadia Jimenez
Nadia is a first year college student at CI and an English Major. She chose CI because of the familiarity she felt on campus, and also because of its location outside of the city. She hopes to move on to graduate school, and work somewhere where she can implement the writing skills she gained as an English major.